

**IMPORTANT!  
PLEASE READ.**

**OPITO Combined Booking Confirmation and Joining Instruction**

**JOINING INSTRUCTIONS FOR YOUR CREW:**

Participant must be at the 4<sup>th</sup> Floor of **S&L Bldg., 1500 Roxas Blvd., Ermita, Manila, at 5:30 am** on the date stated for the transportation service going to Cavite. ***If you will go directly to the site, please call CTSI Registration (at 028.524.0572) day before the training to confirm the training site.***

**TRAINING DETAILS:**

NAME:  
COURSE: **Digital Delivery of BOSIET with CA-EBS (D-BCA-EBS)**  
DATE:  
TIME: **0800 to 1700**  
DURATION: **1 Day**

SLOT NUMBER:

**ENTRY REQUIREMENT/S:**

Please submit (via email) below mentioned entry requirement/s **BEFORE** the scheduled training date/s:

- Medical Certificate/ Waiver
- Completed online program
- **Completely filled-out Temporary Registration form and Trainees' Health Information**

**PHYSICAL AND STRESSFUL DEMANDS OF THE COURSE:**

- Summary details of the type of physical activities the delegate/ candidate will be asked to:
  - Helicopter Safety and Escape**
    - Don aviation transit suit, aviation lifejacket and CA-EBS and conduct integrity checks
    - Demonstrate actions to take in preparing for a helicopter emergency landing and for in-water ditching
    - Demonstrate actions following a controlled emergency descent to a dry landing with evacuation via a nominated exit
    - Deploy, operate and breathe from an EBS equipment
    - Demonstrate actions following a controlled ditching on water and evacuate through a nominated exit to an aviation liferaft
    - Escape through a window opening, which is underwater, from a partially submerged and from a capsized helicopter given these scenarios: (1) without deployment of EBS and without pushing the window, (2) deployment of EBS but without pushing the window and (3) deployment of EBS and pushing the window
    - Inflate an aviation lifejacket, deploy spray visor and board an aviation liferaft from the water
    - Deploy CA-EBS (above the water surface) and breathe from the CA-EBS in a pool, face down in shallow water (at a maximum depth of 0.7m, measured at the chest)
    - Deploy CA-EBS (below the water surface, face down in a pool in shallow water) and clear the mouthpiece by exhaling under the water surface (at a maximum depth of 0.7m, measured at the chest)
    - Deploy CA-EBS (below the water surface, face down in a pool in shallow water, using opposite hand to previous exercise) and clear with purge button under the water surface (at a maximum depth of 0.7m, measured at the chest)
    - Deploy CA-EBS (above water surface), in a pool and breathe from CA-EBS underwater in a vertical position (at a maximum depth of 0.7m, measured at the chest)
    - Deploy CA-EBS (underwater), in a pool and breathe from CA-EBS underwater in a vertical position (at a maximum depth of 0.7m, measured at the chest)
    - Deploy CA-EBS (underwater), in a pool, breathe from CA-EBS underwater, and move along a horizontal rail for a period of no less than 30 seconds, including a change in direction (at a maximum depth of 0.7m, measured at the chest)
  - Sea Survival**
    - Don a permanent buoyancy lifejacket
    - Perform correct actions when mustering and boarding a survival craft
    - Fit a helicopter strop and have correct body posture during winching
    - Enter the water by stepping off poolside with a maximum height of 1 meter
    - Perform individual and group sea survival techniques to include: swimming, getting into Heat Escape Lessening Position (HELP), wave-slap protection, towing chain, huddle and circle
    - Board a marine liferaft from the water
    - Perform immediate first aid actions, including checking airways, breathing and industry-recognized first-aid practice

# IMPORTANT! PLEASE READ.

## Firefighting and Self-rescue

- Use portable fire extinguishers correctly according to the different classes of fire
- Perform self-rescue techniques with a smoke hood or partial blindfold from areas with reduced delegate visibility and areas with completely obscured delegate visibility
- Perform small group escape techniques with a smoke hood or partial blindfold from areas with completely obscured delegate visibility
- The delegate/ candidate must be physically and mentally capable of performing the above-mentioned physical activities.
- Prior to participating in practical exercises, delegate/ candidate must:
  - possess a valid, current offshore medical certificate, or
  - possess an operator-approved medical certificate, or
  - undergo medical screening by completing an appropriate medical screening form

## Additional Medical Requirement specific CA-EBS Training (In-Water)

- On the date on which the delegate is to undertake shallow water CA-EBS training, and prior to entering the water in which the training takes place, the delegate must accomplish the Statement and Declaration of Fitness for In-Water Training Form which states that to the best of the delegate's knowledge and belief, the delegate has no (current or past) medical condition which makes the delegate unfit to participate in the training.
- The responsibility of declaring any current or pre-existing medical conditions that could have adverse effects to the individual's state of health while undertaking the training and/ or assessment activities lies with the delegate/ candidate and/ or company sponsoring the delegate.
- Where doubt exists regarding the medical fitness of a delegate/ candidate, the OPITO-approved Centre should seek the advice of a medical officer.

## THINGS TO BRING:

1. **TWO (2) VALID GOVERNMENT-ISSUED IDs** (e.g. SSS, Driver's Lic., PRC ID, Passport, etc.)
2. **Washable face masks (at least 3-4 pieces per day). You may also bring face shield and balaclava for practical exercises.**
3. **Water bottle/ tumbler. You may also bring your own drinking water in a water jug.**
4. Pen, notebook
5. T-shirt, sweater and long pants
  - **For LECTURE: Sleeveless shirts, shorts and slippers are not allowed**
  - **For PRACTICAL EXERCISES: Sleeveless shirts, short shorts (for female delegates) and boxer shorts (for male delegates) ARE NOT ALLOWED**
6. Underwear
7. 1 pair of shoes and slippers (**Note: You are not allowed to wear your slippers in PPE-required area during practical exercises except for those conducted inside the pool area. Use safety shoes or rubber sandals where appropriate.**)
8. Toiletries
9. Bath & Face Towels
10. Coverall – (**Note: CTSI will issue one coverall for the whole duration of the training**)
11. Padlock and key
12. Swimming pants (e.i. jammer/ long swimming trunks and watershorts/ board shorts) for in-water related activities
13. Thick, long socks (knee-high) for firefighting practical exercises
14. OPITONAL: Rubber shoes for recreation activity (For Cavite Sites)

**NOTE: PLEASE BRING ONLY THE THINGS SPECIFIED ABOVE.**

## OTHER REMINDERS:

1. **Make-up Compliance Order (MUCO) form is valid within three (3) months upon issuance.**
2. Trainees are NOT allowed to leave the training site premises within the duration of the course without CTSI's approval.
3. Alcoholic drinks/ prohibited drugs are NOT allowed inside the training site. **Delegates/ Trainees under the influence of alcohol/ prohibited drugs will not be allowed to take the course. If already inside CTSI premises, the violating delegates/ trainees will be asked to leave the class. MUCO policy shall be applied.**
4. Bringing expensive jewelries and/ or large amount of money is strongly discouraged.
5. **For delegates/ trainees attending classes in MANILA site: Cell phones/ Tablets must be turned off when inside the classroom.**
6. **For delegates/ trainees attending classes in CAVITE sites: Electronic gadgets (i.e., cellphones, tablets, netbooks, laptops) are NOT ALLOWED inside the classroom. When going out of your room: (a) leave electronic gadgets and other valuable belongings inside your designated locker, (b) no electronic gadget must be left charging and (c) make sure the locker is locked. CTSI will not be held responsible for any loss or damaged personal valuable item/s.**
7. Trainee's visitors are NOT allowed at the training site.
8. Trainees are expected to conduct themselves accordingly.
9. **Trainees are reminded to handle all CTSI properties and training equipment with utmost care. Any damage found due to considerable negligence will be charged automatically to the trainee.**

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10. **For complaints due to health condition, trainees will be given immediate medical attention while inside the CTSI premises by a qualified medical personnel. For non-critical medical concerns, the designated medical first aider will assist the trainee for his immediate needs. If hospitalization is required, CTSI personnel will contact your company and/ or immediate family and will stay with you at the hospital until company's representative or immediate family arrives for proper endorsement.**
11. Please note that certain aspects of the course are physical in nature and contain potentially stressful elements.
12. Please be advised that the transportation service back to Manila is available at 5PM. Should you decide not to avail of the transportation service, kindly fill out the GATE PASS and WAIVER forms and have them signed by an AUTHORISED CTSI Personnel. Give the SIGNED Gate Pass and Waiver forms to the guard before leaving the premises of the Training Site.
13. For course-specific OPITO briefing video (e.g. BOSIET DVD), please visit: <http://www.opito.com/content/opito-on-youtube>.

**CANCELLATION NOTICE:**

- NO CHARGE for bookings cancelled two working days prior to the scheduled training.
- If cancellations are made in less than 48 hours, a fee of \$50, per booking, will be levied as cancellation charge and reflected on your next billing statement. This fee is also applicable to trainees with guaranteed reservation but unable to attend the course.

NOTE: YOUR RESERVATION AND THIS CONFIRMATION BIND YOU TO THE TERMS AND CONDITIONS FOR THE PROVISION OF TRAINING TO YOUR CREW AND UNDERTAKE TO PAY IN FULL ALL TRAINING FEES AT THE CURRENT RATE STIPULATED BY CTSI.

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